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| **Body Weight Workouts** |
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|   |   | **Day 1** |   |
|  |  | A close up of a logo  Description automatically generated |  |
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|  |  |  |  |
| **Day #1**  |
|   | **Warm up** | **Speed Mechanics (x20 reps each leg)**-[HIGH KNEES](https://youtu.be/Newxff_EQMo), [BUTT KICKS](https://youtu.be/JzYZXZOVqtg), [A-SKIP](https://youtu.be/Zf4rGBOCs60) |   |
|   | **Core**-Front Plank 2X1 min |   |
|   |   | Workout  |   |
|   |   | Warm up (specifics) | **Sets/Reps** | **Weight/%** | **rest** |   |
|   |   | Bird Dogs  | 2X24 (12/12) |   |   |   |
|   |   |   |   |   |   |   |
|   | Levels | **Giant Set**  | **Sets/Reps** | **Weight/%** | **rest** |   |
|   |  | [Body Weight Squats](https://youtu.be/c3Ms0Ex4LpA)  | 4X15 | BW |   |   |
|   |  | [Sgl Leg Glute Bridges](https://youtu.be/Pf7hSTd6GMA)  | 4X15/15 | BW |   |   |
|   |  | [Straight Leg Lifts](https://youtu.be/X4sMnXBcLIo)  | 4X15 | BW | 30 sec  |   |
|   |   | **Giant Set**  | **Sets/Reps** | **Weight/%** | **rest** |   |
|   |   | [Push ups](https://youtu.be/DkNxjKvmFB4)  | 3X12 | BW |   |   |
|   |   | [Scap Push ups](https://youtu.be/m_dmKkCjVUQ)  | 3X12 | BW |  |   |
|   |   | [T-s](https://youtu.be/95jnRTeU3sI)  | 3X12 | BW |   |   |
|   |   | **Arms**  | **Sets/Reps** | **Weight/%** | **rest** |   |
|   |   | Sgl leg RDL Hold  | 3X30/30 | 10-30 lbs  |   |   |
|   |   | [Side Lunges](https://youtu.be/3kU4WNZGSWU)  | 3X12/12 | 10-20 lbs  |   |   |
|   |   | **Cardio**  | **Sets/Reps** | **Weight/%** | **rest** |   |
|   |   | Light Run  | 10 minutes or 1.5 miles  |   |   |   |
|   |   | **Recovery**  |   |   |   |   |
|   |   | Static Stretch-Hamstrings/Hips/Quads  |   |   |   |   |
|  |  |  |  |  |  |  |